

Socket Preservation AFTERCARE

1

Avoid chewing on the bone graft site

- Eat soft foods for ~3 days
- If your bone graft is confined to one side, you may carefully resume a normal diet chewing on the uninvolved side of your mouth.

2

Apply gauze gently *as needed* for bleeding

- You will receive gauze packs in your post-op bag. While bone grafts do not tend to bleed very much, if you notice active bleeding, apply gentle pressure with gauze over the surgical area for about 30 minutes. Repeat this process until the bleeding subsides.

3

Take prescribed medication

- We recommend taking the prescribed pain medications as soon as the initial gauze is removed, prior to the local anesthetic wearing off. It is important to continue your antibiotic for the entire time prescribed.

Avoid taking medications on an empty stomach

4

Restrict activities

- Avoid strenuous activity or heavy lifting for a minimum of 1-2 days after surgery unless otherwise advised by your doctor.

5

Brushing

- Brush all of your teeth beginning the day of surgery in front of a mirror to gently clean the teeth adjacent to the surgery site.

6

Antimicrobial mouth rinse

- Rinse with antimicrobial mouth rinse twice a day, starting the day **after surgery** for two weeks



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Bleeding: A certain amount of bleeding is to be expected following surgery. Slight bleeding, oozing or redness in the saliva is not uncommon. Excessive bleeding may be controlled by first rinsing or wiping any old clots from your mouth, then placing a gauze pad over the area and biting firmly for thirty minutes. Repeat if necessary. In order to stop bleeding, the pressure from the gauze must be placed directly over the surgical area. Chewing on the gauze only stimulates saliva flow, increases the risk of more bleeding, and risks injury to the numb oral structures. If the blood completely soaks through the gauze within thirty minutes, we recommend using a moistened black tea bag; the tannin has hemostatic properties which help stop the bleeding. If bleeding still does not subside, please call the office for further instructions.

Swelling/Bruising: Swelling/bruising around the mouth, cheeks, eyes, and sides of the face is not uncommon. This is the body's normal reaction to surgery and repair. Swelling generally peaks around 2-3 days after surgery. To help reduce swelling, take your medications as prescribed and apply ice packs to the sides of the face where surgery was performed for the first 24-36 hours. If swelling or jaw stiffness persists for several days, there is no cause for alarm. However, if you have any questions or concerns, do not hesitate to ask!

Pain: Pain or discomfort following surgery is usually at its worst 24-48 hours after surgery. After that, the pain should lessen and subside more and more each day. If pain worsens or does not improve, it may require attention. *Take your pain medications as prescribed/instructed.*

Nausea/Vomiting: Nausea and vomiting are common side effects of IV sedation and many narcotic oral pain medications. This is usually temporary and improves within 24-48 hours with rest and hydration. Start by sipping slowly on clear liquids and gradually advance to soft foods. If your doctor prescribed anti-nausea medicine, take it as instructed.

Diet: We recommend starting with soft, easy to chew foods, avoiding chips, nuts, popcorn, crackers for the first few days and then advance as comfortable. In the days following surgery, prevent dehydration by taking fluids regularly. Nourishment and hydration are important for a smooth recovery.

Antibiotics: If you have been placed on antibiotics, take the tablets or liquid as directed to help prevent or treat infection. Discontinue antibiotic use in the event of a rash or other unfavorable reaction. Please contact the office if you have any questions.



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